

# FRG Weekly Newsletter

December 7, 2006  
Volume 1, Issue 26

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Family Readiness Programs  
(337) 531-6047

### For the Drive:

- Give yourself plenty of time
- to get there.
- Make sure
- your
- vehicle
- has been winterized.



Always wear your seat belts.

Don't drink and drive.

Keep a safe stopping distance.

Get plenty of rest.

### For the Dinner:

- Keep cookware, utensils, preparation areas, and
- hands clean.
- Keep cold food cold.
- Keep hot food hot.
- Put leftovers away immediately.

Keep candles away from flammables;  
extinguish when leaving the room.

### For the Shopping:

- Park in well lit places – if
- you are alone walk out with
- a group.
- Lock your car
- doors.
- Don't carry a
- lot of cash or
- checks; don't
- take all your credit cards.
- Keep a list of card numbers and the issuing company's phone numbers.



Check your back seat and under your car as you walk up.

If you feel uncomfortable, return to the store.

Don't leave packages visible in your car.

Be aware of your surroundings – stay alert to danger signals.



### Christmas Tree Safety Tips

A fire on any day seems bad, but a fire on Christmas seems to be the worst. Some 300 Christmas trees caught fire in one recent year, with electrical problems the most common culprit. Here's how to keep your tree green and your presents safe.

1. When you buy your tree, have the vendor make a fresh cut an inch from the bottom; this will help the tree drink.
2. If you buy your tree early and keep it outside, store it away from wind and sun, and keep the bottom in a bucket of water.
3. Make sure your lights are safe. If you need outdoor lights, make sure the ones you buy

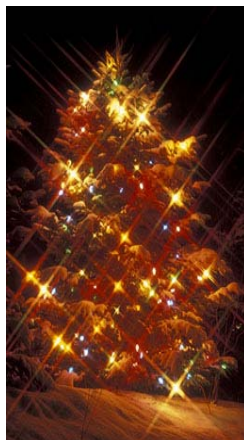
are meant for outdoor use. Make sure your lights carry certification from a testing laboratory.

4. Don't use electric lights on a metal tree.
5. Discard any strings of lights that are frayed or broken.. Christmas lights are cheap.
6. Unplug your Christmas tree before you leave or go to bed.
7. Don't buy a tree that is dry and dropping needles. To check for freshness, loosely grip the end of a branch and pull your hand over it. Only a few needles should fall off.
8. Make sure your tree stand holds plenty of water, and don't let it run out.
9. If your tree seems wobbly, center it in the stand more securely and redo the bolts or screws. Of if your tree stand is cheap, buy a larger, stronger one.
10. If you buy an artificial tree, make sure it is fire-retardant.
11. Keep your tree at least three feet from furnaces, radiators and fireplaces.
12. try to position it near an outlet so that cords are

not running long distances. Do not place the tree where it may block exits.

13. When Christmas is over or when the tree starts to drop needles, dispose of it. Don't leave it in your house or put it in your garage.

Keep a close eye on small children when they are around the tree; many small decorations and ornaments are sharp, breakable and can be swallowed



## Enlisted Spouse's Club Christmas Tea



**Where:** ESC Cabin.

**When:** Tues. December 12th

**Time:** 6:30 pm- 8:30 pm

**Who:** Spouses of Soldiers from E1-E9

**RSVP NLT 1200 on 12 Dec**  
**to:** [escptpla@hotmail.com](mailto:escptpla@hotmail.com)

Please come join us for fun, laughter and much needed social time.

**\*Free one year membership to those who bring a new unwrapped toy (\$10-20 value) for the 2006 Toy Drive**



## Picerne Townhall Meetings

Why does Picerne hold Quarterly Townhall meetings?

Townhall meetings keep residents apprized of what is happening in their community, construction, renovations, and Neighborhood and Property Management.

Residents can also ask questions.

The next townhall is scheduled for 29 and 30 January at the Warrior Community Center at 6 pm.

## Charlotte's Web Movie

The AAFES Bayou Theater will be hosting a FREE preview of upcoming major motion picture "Charlotte's Web" on Sat, 09 Dec at 1400 hrs. Two thousand tickets are available at selected AAFES facilities throughout the post. This G rated film will be shown in advance of the national release on 15 Dec. Seating is available for the first thousand on a first-come, first served basis. Come out and enjoy the show!!

**New Hours for Gates into Fort Polk**  
(Access Control Point- ACP)

ACP 1 ( Main gate) .....	24/7
ACP 2 ( 467 North) .....	Closed 2100-0530
ACP 3 (Millcreek Rd) .....	Permanent closure
ACP 4 (Louisiana Ave. East) .....	Closed 2100-0530
ACP 5 ( 467 South) .....	24/7
ACP 6 (Chaffee Rd) .....	24/7
ACP 7 ( K Ave.) .....	24/7
ACP 8 (Box Entrance).....	24/7

**Changes are effective 1 Dec 06**

For comments on contact the Public Affairs Office at 531-2714

**Do you need a Santa Suit  
for your Unit or FRG  
Party?**

The Enlisted Spouses' Club  
and the Officers' Spouses'  
Club have them available for  
rent.

For more information please  
call 531-6047



**Theater tickets available with Transportation**

- **Radio City Music Hall Rockettes** (Houston)  
Wednesday, December 27 & Thursday, December 28
  - **Some Enchanted Evening** (Shreveport)  
Saturday, January 27  
Dinner at Southern Trace Country Club
  - **Joseph & the Amazing Technicolor Dreamcoat**  
(Lafayette)  
Wednesday, January 31  
Dinner at Blue Dog Café
- Blue Man Group** (Bossier City)  
Friday, February 16
- **Wicked, the Musical OR Cirque du Soleil** (Houston)  
Tuesday, April 10 & Wednesday, April 11

The following motorcoach trips require the purchase of  
theatre tickets so the sooner you make your reservation  
the better seats you will get.

Pick up locations in Leesville McDonalds and Entrance  
Road McDonalds.

Please contact below for reservations and prices and ask  
about military discounts.

Cenla Travel  
244 Belleauwood Boulevard  
P O Box 13241  
Alexandria LA 71315  
Telephone: 318.443.9038

## Holiday Hours for PX/Commissary

### PX Hours

Sunday 24 Dec	0900-1800
Monday 25 Dec	CLOSED
Tuesday 26 Dec	0900-2000

### Commissary Christmas Week Hours

Sunday 24 Dec	1000-1500
Monday 25 Dec	CLOSED
Tuesday-Friday	0930-2000
Saturday	0900-2000

(Early Bird Shopping Tue-Fri 0800-0930)

## Happenings in the Local Community

Natchitoches Festival of Lights thru Jan 6  
For more information call 1-800-259-1714

The Three Irish Tenors Dec 8  
Leesville High School Auditorium \$10 at the door  
for more information call 239-2140

Leesville Christmas Parade Dec 9  
5:30pm starting on Third Street for more information  
call 238-0349

Breakfast with Santa Dec 9  
Stateroom downtown DeRidder; presented by DeRidder's  
Women's League; Tickets \$5 and can be purchased in  
advance at Sweet Dreams Country Square or at the door  
starting at 830am. For more information call 463-9134

Holiday Lights Safari Dec 8-10 and 15-23  
Alexandria Zoo for more information call 337-473-1143

Impressionist and Modern Master thru Jan 7  
Louisiana Art and Science Museum in Baton Rouge for  
more information go to [www.lasm.org](http://www.lasm.org)

## Upcoming Events

7 Dec  
**ACS**  
**9am, Newcomer's Orientation**  
For more information 531-1941

8 Dec  
**Warrior Community Center**  
**4pm, Retirement Ceremony**

8 Dec  
**5 pm, Sports America**  
**Right Arm Night**  
For more information 531-7404

10 Dec  
**Stars and Strikes Bowling Center**  
**11am, Family Day**  
**6pm, Cosmic Bowling**  
For more information 531-6273

13 Dec  
**6 pm, ACS**  
**EMFP Support Group**  
For more information 531-1941

14 Dec  
**9 am, ACS**  
**Newcomer's Orientation**  
For more information 531-1941

14 Dec  
**12 pm, ACS**  
**AFTB Birthday Celebration**  
For more information 531-6269

15 Dec  
**9 am, FRC**  
**Toddler Playtime-Santa Visits**  
For more information 531-9426

16 Dec  
**8 am, WCC**  
**BOSS Trip to Baton Rouge Mall**  
For more information 531-1948

17 Dec  
**12 & 3 pm, Sports America**  
**NFL Football**  
For more information 531-7404

**Useful Phone Numbers**

(All numbers are 337 area code unless otherwise stated)

1 <sup>st</sup> CSB (ME) (P) Staff Duty	531-2157
4IBCT 10 <sup>th</sup> MTN Staff Duty	531-0517
Army Emergency Relief	531-1957
(after hours 800-241-1071)	
American Red Cross	531-1929
(after hours 877-272-7337)	
Army Community Service	531-1948
BJACH Information	531-3118
CDC Registration	531-1955
Commissary	531-4053
Family Life Chaplin	531-6816
Family Life Consultant	531-1938
Family Readiness Center	531-9426
Military One Source	800-342-9647
Military Police	531-2677
Picerne	537-5000
Post Information	531-2911
PX	531-1001
Public Affairs Office	531-1392
RCI	537-6000
Sexual Assault Response	531-1848
Tax Center	531-2112
Victim Advocacy Program	531-6333
WIC	238-1203

**Early closures for Holiday parties**

The Main PX will close at 5pm on Dec. 10<sup>th</sup> for Associate Appreciation Ceremony.

FRC and ACS will close at 230pm on December 13<sup>th</sup>.

BJACH clinics, lab, and Outpatient Pharmacy will close at 1 p.m. Dec. 15 for annual office Christmas celebrations

**Holiday Hours for BJACH**

Christmas - 23-26 Dec All clinics, lab and Outpatient Pharmacy will be closed

New Year's - 31 Dec - 2 Jan 07. All clinics, lab and Outpatient Pharmacy will be closed. Outpatient Pharmacy will be open 30 Dec from 0900-1300

BJACH's Emergency Room is open 24 hours a day, seven days a week for beneficiaries needing medical during closures

**Holiday Hours for Dental Clinic**

Hospital dental clinic will be closed Christmas day

POC for Dental Clinic hours is 531-2327